

Senior Services News

Anti-Inflammatory Detox Diet

I thought I was eating a healthy diet until I started on this one. Three days into the diet, my feet, which normally hurt when I started my morning walk, stopped hurting. A few days later, I noticed my knees were hurting less as well. After a week, I came home on a Friday evening not even looking forward to my usual "Friday night drink", because I already felt better than I was going to feel if I had that drink!

It turns out that we don't get fat from eating fat, and we don't get high cholesterol from eating cholesterol. All we have to do is eat sugar (and starch, which is just a chain of sugar molecules), and we will gain weight effortlessly, raise our cholesterol, raise our blood pressure and develop diabetes.

Dr. Mark Hyman's 10-day Detox Diet consists of low-starch vegetables, berries, nuts, eggs, fish, and lean meat. It eliminates sweets, starches, wheat and other grains, and dairy products as well as coffee and alcohol. The intent is to fill your stomach with 'LOW-GLYCEMIC' foods. These are foods that take a long time for the body to break down into glucose (blood sugar), which is the body's fuel.

When we eat a low glycemic meal, our blood glucose rises slowly to a moderate peak over a couple of hours, stimulating a relatively low output of insulin from the pancreas. Our glucose level then takes a few more hours to settle back to the point where we feel hungry. On the other hand if we consume a high glycemic meal (bread, pasta, soda, rice, pastry, etc) we have a rapid rise of glucose over the next hour or so, followed by a much bigger reactive wave of insulin. This drives our glucose quickly down to "hunger level" within the next couple of hours.

In addition to making us hungry, these spikes of glucose and insulin raise blood pressure and cause inflammation. Inflammation contributes to fatigue, muscle and joint aches, and chronic diseases.

Dr. Hyman and others tell us that our manufactured North American diet has been engineered by our food industry to hit the "bliss point", with that spike of glucose going straight to the brain's pleasure center, so we'll eat more and more, and get hungrier sooner!

The answer to this problem of feeling hungry, tired and achy, and gaining weight, is to eat single ingredient foods (fresh vegetables and fruit, nuts, eggs, lean meats and small fish) as much as possible, and stay away from pre-prepared foods, particularly those with more than five ingredients. The prepared foods and meals that we eat are usually laced with extra sugar and salt which are toxic and inflammatory to our system.

After about six weeks on the diet, I have lost about 20 lbs and rarely have felt hungry. My joints are more supple, and I don't feel quite as much stress at work. For those interested, my cholesterol has come down from 257 to 202. My fasting glucose decreased from 119 to 85.

I have been recommending this diet to anyone who will listen.

"The 10-Day Detox Diet", by Mark Hyman, MD.

Also his more detailed book is *"The Blood Sugar Solution"*. Another good reference is *"Eat to Live"*, by Joel Fuhrman, MD.

Lawren Hicks, MD
Medical Director
Senior Services



Educational Opportunities

There is no charge to attend our health education events unless otherwise noted. **Registration is required.** Register early- class size is limited. Register on line at johnmuirhealth.com or call 941-7900 option 1.

OCTOBER — DECEMBER 2016

Anti - Inflammatory Detox Diet – Lawren Hicks, MD

October 20 | 2:30 – 4 p.m. | 941-7900 option 1 | 1656 N. California Blvd., Walnut Creek

Dr. Hicks will discuss the potential disease-fighting benefits of an anti-inflammatory diet. With this class, you will become knowledgeable about the foods related to reducing inflammation and maintaining overall health.

Are You Experiencing Frequent Sleepless Nights? – Kathy Napoli, MA, RD

November 3 | 9:30 – 11 a.m. | 941-7900 option 1 | 1656 N. California Blvd., Walnut Creek

If so, discover how sleep impacts your overall health, including your immune system, your memory, your skin, and even your weight. Learn practical nutrition and lifestyle recommendations to help improve both the quality and quantity of your sleep for optimal health.

Are You Considering Hip or Knee Replacement Surgery? – Bradley Crow, MD

November 4 | 1 – 2:30 p.m. | 941-7900 option 1 | Outpatient Center, Brentwood

Is hip or knee replacement right for you? Dr. Crow will discuss what is involved when considering surgery, pain protocols and recovery.

Managing Insomnia – Alan Brast, Ph.D., C.C.H.T., CSA

November 17 | 9:30 – 11 a.m. | 941-7900 option 1 | John Muir Medical Center, Concord

Discover ways to successfully conquer chronic insomnia and sleep deprivation. This class is designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder.

Impact of Sensory Changes as We Age – Jane Moore & Camila Baum, Patient Navigators

November 18 | 10 – 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Pleasanton

Learn how age-related changes in smell, taste, touch, hearing, and vision may impact how people receive information and how they relate to those around them.

Intimacy Over 60 – Alan Brast, Ph.D., C.C.H.T., CSA

December 2 | 9:30 – 11 a.m. | 941-7900 option 1 | Outpatient Center, Tice Valley/Rossmoor

Many people want and need to be close to others as they age. But, with aging, you may experience changes that can cause problems. Dr. Brast will talk about intimacy and how to understand sexuality as you age.

How Can I Keep My Bones Strong? – Jason Mello, DO

December 7 | 10 – 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Pleasanton

Osteoporosis is called the “silent disease” because you may not notice any changes until a bone breaks. Learn what you should do at any age to prevent weakened bones.

How Dementia May Affect You and Your Family – Ana-Catalina Triana, MD

Como la Demencia o Perdida de la Memoria Puede Afectarlo a Usted y a su Familia – Ana-Catalina Triana, MD

December 16 | 9:30 – 11 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

Learn about the progression of dementia and how it may impact you, your family and caregivers. Dr. Triana will discuss prevention and how to keep your brain active. *This class will be in Spanish.*

Aprenda sobre el curso de la demencia y como le puede afectar a usted, su familia o a quien les cuida. La Dra. Triana hablara de la prevencion y como mantener su cerebro activo. Hablara de la prevencion y como mantener su cerebro activo.

Ongoing Classes

AARP Driver Safety Program

Oct 4 & 6 | 2 - day, 8 hour class | 9 a.m. – 1 p.m. | John Muir Medical Center, Concord

Oct 22 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Walnut Creek

Nov 18 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Concord

Nov 19 | 1 - day, 8 hour class | 8:30 a.m. – 5 p.m. | John Muir Medical Center, Walnut Creek

This Smart Driver classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Offered in an eight hour or four-and-a-half hour refresher course for those who meet the criteria for renewal. There is a charge for this class. Register online at johnmuirhealth.com or call 941-7900 option 1.

Advance Health Care Directives – Suzanne Leib, LMFT

Oct 25 | 6 – 8 p.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

Oct 28 | 10 – 12 p.m. | 941-7900 option 1 | Outpatient Center, Pleasanton

Nov 16 | 9:30 – 11:30 a.m. | 941-7900 option 1 | John Muir Medical Center, Concord

Dec 9 | 9:30 – 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Learn the choices you or your family may face due to an accident or serious illness. This is an opportunity to clarify your choices and make sure they will be carried out should you become unable to make your own health care decisions. Required documents will be provided.

Catch Yourself – Fall Prevention to Maintain Your Independence

Oct 12, 14, 19, 21 | 1 – 2:30 p.m. | 941-7900 option 1 | Lung Health Services, Classroom A, Concord

Nov 29, Dec 1, 6, 8 | 10:15 – 11:45 a.m. | 941-7900 option 1 | Outpatient Center, Brentwood

This four-session class series raises awareness about falls by practicing techniques in class. Learn how to improve your strength and balance, simplify your environment, and identify fall risks. Classes will cover home safety strategies, exercise techniques, medication management, and other ways to decrease your risk of falling. Wear comfortable shoes and clothing. Plan to attend all four classes. If you have taken this class in the past 12 months, and feel you still need fall prevention information, we ask you to follow up with your primary care doctor or call Wellness Services 941-7900 option 1.

Welcome to Medicare - Health Insurance Counseling & Advocacy Program

Oct 12, Nov 9, Dec 14 | 7 – 9:30 p.m. | 941-7900 option 1 | John Muir Medical Center, Walnut Creek

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about health benefits, drug coverage and how to supplement your coverage. HICAP does not sell or endorse insurance products. Register online at johnmuirhealth.com or call 941-7900 option 1.

Memory Screening - What's Your Memory Fitness?

Oct 11, Nov 8, Dec 13 | morning appointments | 947-3300

Oct 12, Nov 9, Dec 14 | afternoon appointments | 947-3300

Outpatient Centers: Brentwood | Pleasanton | Tice Valley/Rossmoor | Walnut Creek

Many people notice changes in their memory as they grow older. If you are 65 or older and have a John Muir Health primary care physician, Senior Services, in partnership with John Muir Health Neurosciences Institute, offers a free individual memory screening to help determine if your memory is functioning at a level that is typical for a person your age. This is a screening and not a diagnostic exam. Screenings are offered on the specific dates and times at the three locations listed. Call for a 30 minute appointment.



Senior Services
 1450 Treat Blvd
 Walnut Creek, CA 94597

RETURN SERVICE REQUESTED

Change in information? If you have a change in address or wish to be removed from our mailing list, please notify us at (925) 947-3300 or seniorservices@johnmuirhealth.com

John Muir Health Senior Services

Senior Services offers a wide range of services for John Muir Health seniors including resources, information, assessment services, and educational programs. We help older adults, their families, and those who care for them. Our goal is to help older adults keep their independence and enjoy the best possible quality of life. **(925) 947-3300**

Outpatient Center, Brentwood
 2400 Balfour Road, Suite 201
 Brentwood

Outpatient Center, Pleasanton
 5860 Owens Drive, 2nd Floor
 Pleasanton

Outpatient Center, Tice Valley/Rossmoor
 1220 Rossmoor Parkway, Suite 100
 Walnut Creek

Outpatient Center, Walnut Creek
 1450 Treat Boulevard, 2nd Floor
 Walnut Creek

Medicare Open Enrollment October 15 - December 7

Options for Medicare Plans with John Muir Health

Are you turning 65, new to Medicare or considering changing insurance in 2017? John Muir Health will be hosting events during Medicare Open Enrollment. Plan to attend and learn which Medicare Advantage Plans will be partnering with John Muir Health in 2017. The schedule of events will be mailed to homes in the fall and available on line at our website www.johnmuirhealth.com/classes.

What's New with Medicare in 2017?

November 3 | 7 - 8 pm | 941-7900 option 1 | John Muir Medical Center, Walnut Creek

Hosted by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP). www.johnmuirhealth.com/classes.

2017 Medicare Open Enrollment Counseling Event

November 17 | 9 am - 1 pm | Outpatient Center, Brentwood
 HICAP will offer free and objective help choosing the right coverage for you.

For more information go to <http://www.cchicap.org/> or call HICAP at (925) 602-4163.

PROGRAM LOCATIONS

Outpatient Center, Brentwood
 2400 Balfour Rd., Brentwood
 (925) 308-8100

Outpatient Center, Pleasanton
 5860 Owens Dr., Pleasanton
 (925) 224-0800

Outpatient Center, Tice Valley/Rossmoor
 1220 Rossmoor Pkwy., Walnut Creek
 (925) 939-1220

Outpatient Center, Walnut Creek
 1450 Treat Blvd., Walnut Creek

1656 N. California Blvd., Ste 100
 Walnut Creek
 (925) 941-7900 option 1

John Muir Medical Center, Concord
 2540 East St., Concord
 (925) 682-8200

John Muir Medical Center, Walnut Creek
 1601 Ygnacio Valley Rd., Walnut Creek
 (925) 939-3000

Lung Health Services
 2750 Grant St., Classroom A
 Concord
 (925) 674-2351